DRAFT

Utah State Board of Education Resolution on Physical Activity and Nutrition

WHEREAS, the United States Surgeon General recommends that children should accumulate 60 minutes of physical activity most days of the week; and

WHEREAS, students who are well-nourished and participate in moderate to high levels of physical activity demonstrate better academic performance; and

WHEREAS, student participation in physical activities often declines as age or grade in school increases; and

WHEREAS, unhealthy eating habits, physical inactivity, and obesity are often established in childhood, and up to 80% of overweight children are at risk of becoming overweight or obese adults; and

WHEREAS, less nutritional foods are becoming more readily available and are increasingly purchased by students; and

WHEREAS, physical activity and proper nutritional habits are instrumental in preventing heart disease, cancer, stroke, diabetes and other ailments; and

WHEREAS, schools should demonstrate that proper nutrition and regular physical activity are valued by the school community as ways to offer lifelong benefits; and

WHEREAS, school breakfast and lunch programs are designed and implemented to promote child nutrition and health in accordance with the Child Nutrition and WIC Reauthorization Act of 2004;

WHEREAS, the Utah State Core Curricula for Health and Physical Education describe the knowledge and skills for a healthy lifestyle;

BE IT THEREFORE RESOLVED THAT:

- Districts and schools should encourage and support healthy nutrition for all students;
 and
- Districts and schools should provide regular, age-appropriate physical activity at all grade levels; and
- District policy and school practice should provide healthy alternatives to high sugar and high fat foods in school settings; and
- Proper nutritional instruction and practice should be fostered and implemented in Utah schools; and
- The Utah State Board of Education encourages districts and schools to provide all students with the opportunity to participate in recess, lunch and physical education and to avoid diminishing this opportunity as a result of the need for academic remediation; and
- The Utah State Board of Education encourages districts and schools to support health education for students, parents and community members.